

FIG. 1

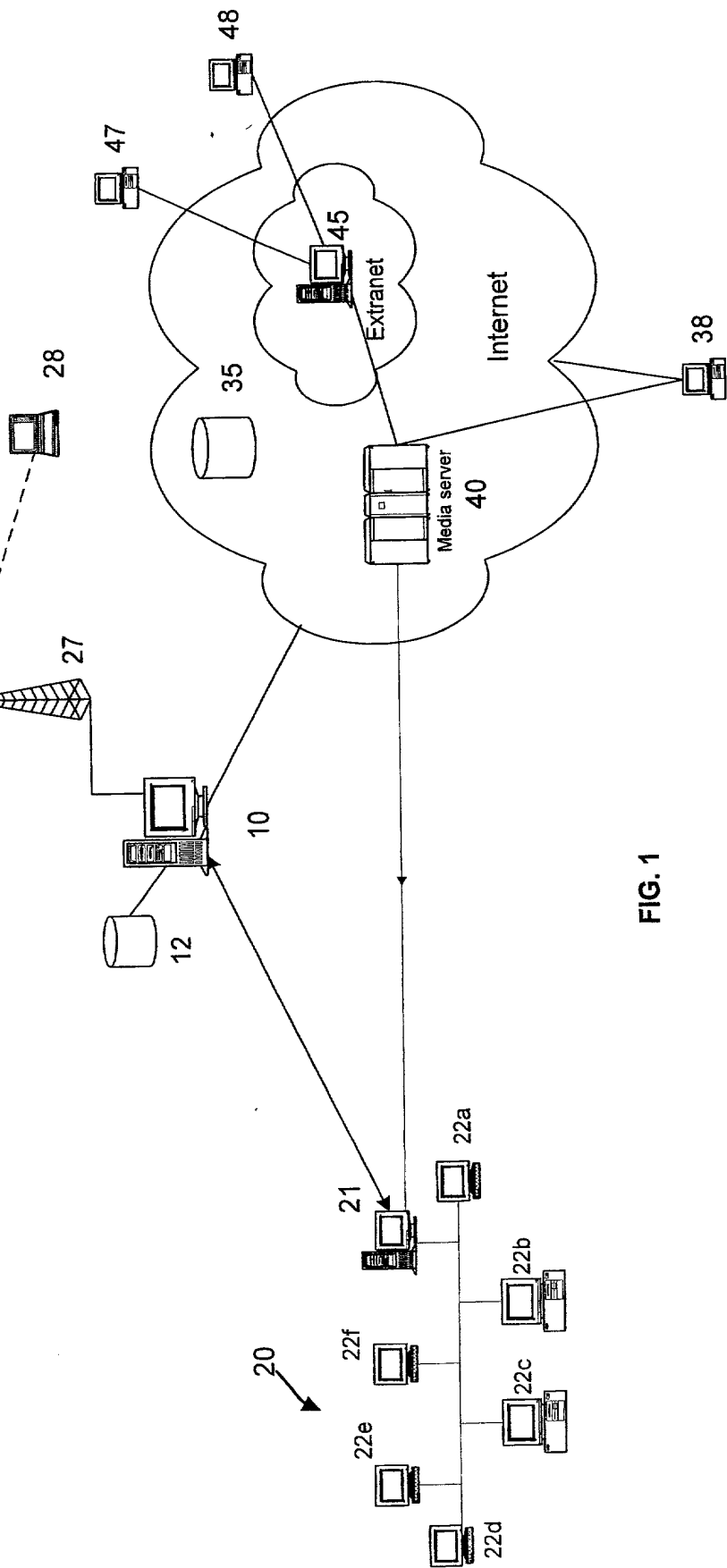


FIG. 1

FIG. 2

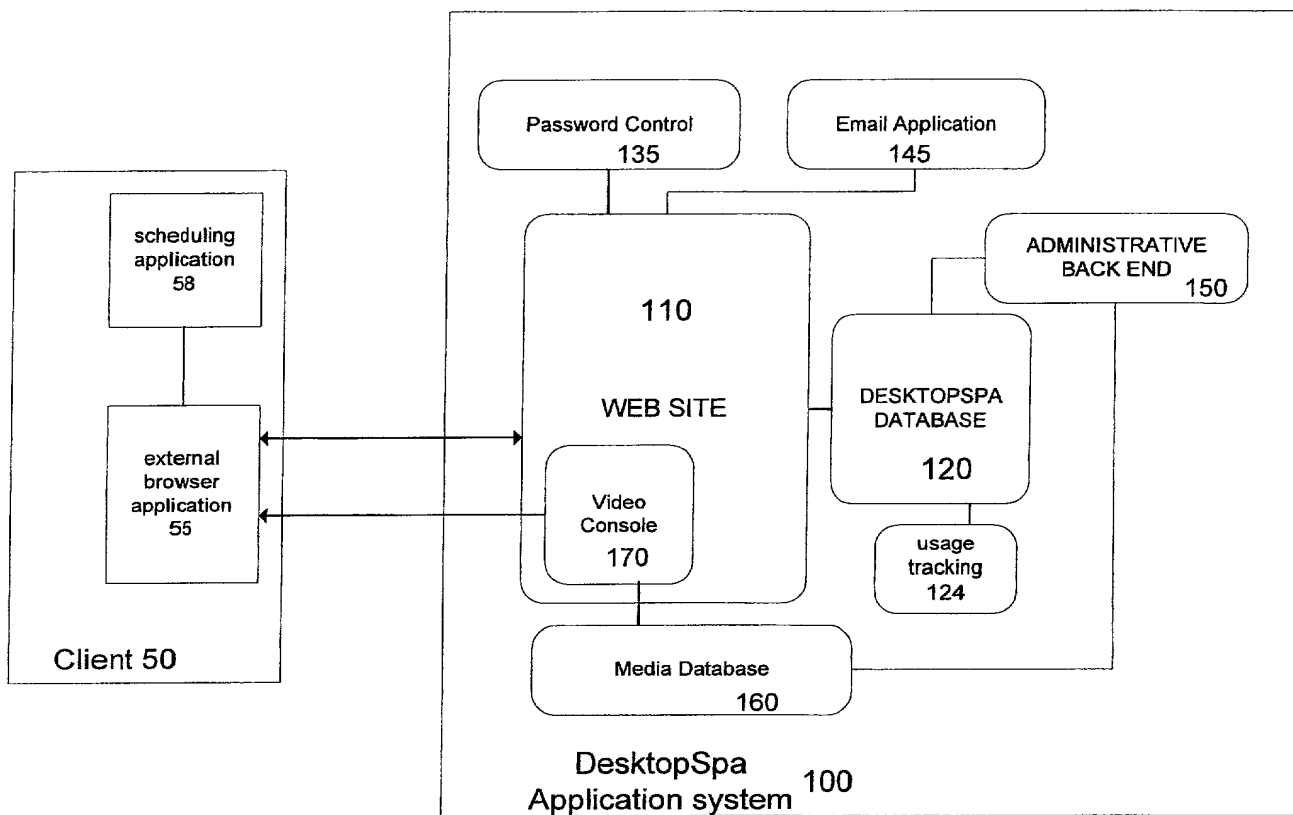


FIG. 3

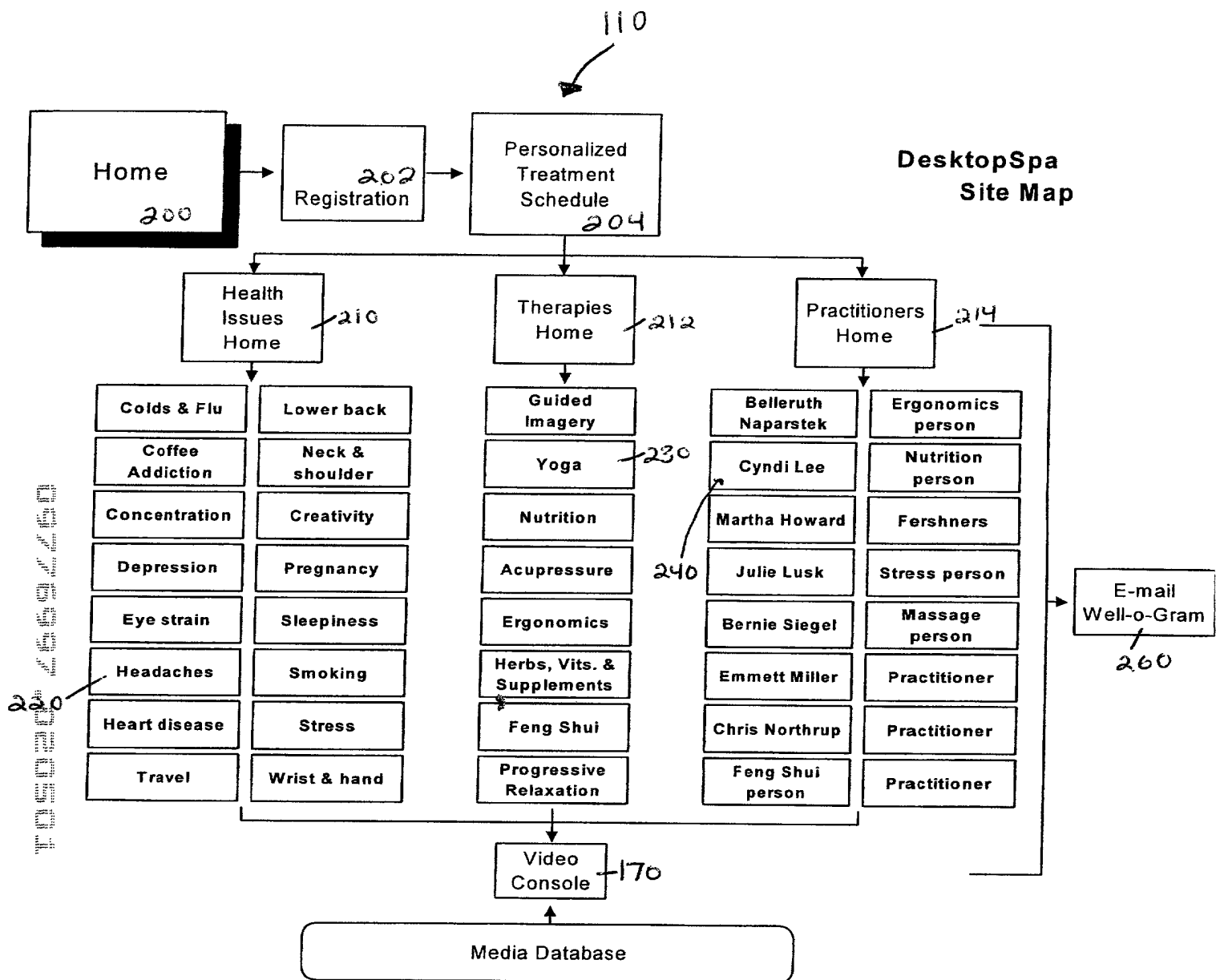


FIG. 4

200

200

301

302a

302f

302p

303a

303f

303p

304

305

310

170

DesktopSpa Stay Healthy @ Work

Design Your Personal Daily Desktop Treatment Schedule

Use the sliders to evaluate how often each of the following health issues is a problem for you:

	Never	1	2	3	4	Always
Cold & flu	[Slider]					
Coffee Addiction	[Slider]					
Difficulty concentrating	[Slider]					
Depression	[Slider]					
Eyes strain	[Slider]					
Headaches	[Slider]					
Heart disease	[Slider]					
Tireless, stressed & frantic	[Slider]					
Lower back pain	[Slider]					
Neck & shoulder pain	[Slider]					
Not feeling creative	[Slider]					
Pregnancy discomfort	[Slider]					
Stomach issues	[Slider]					
Smoking	[Slider]					
Stress	[Slider]					
Wrist & hand pain	[Slider]					

submit reset all

Find a Treatment

Browse by

Health Issue Therapy Practitioner

Today's Featured Desktop Treatment:

Martha Howard's Do-it-Yourself 3 Minute Acupressure Headache Relief

Privacy Guarantee

Registered Users Login

Name


Password

Forgot Your Password?

FIG. 5

desktopspa

Tell us About Yourself



Sex ☒ Female
☐ Male

Age

First Name

Last Name

Email Address

Username

Password

Password again

Corporate Code Social security #

Favorite Therapy (*optional)

☒ Accupressure ☐ Meditation
☐ Qi Gong ☐ Yoga

☒ Remember my ID and password so that I don't have to log in each time I visit this site.
(Why wouldn't you do this? If you're worried about other users who might sit at your computer seeing what health treatments and issues are important to you.)

My connection speed is ☒ T1 or faster
(What does this mean?) ☐ 56 k modem

I prefer ☒ RealVideo
☐ Windows Media
☐ Quicktime

Legal Agreement copy here. ☐ I Agree.

202

2020/05/20 14:50:00

FIG. 6

204

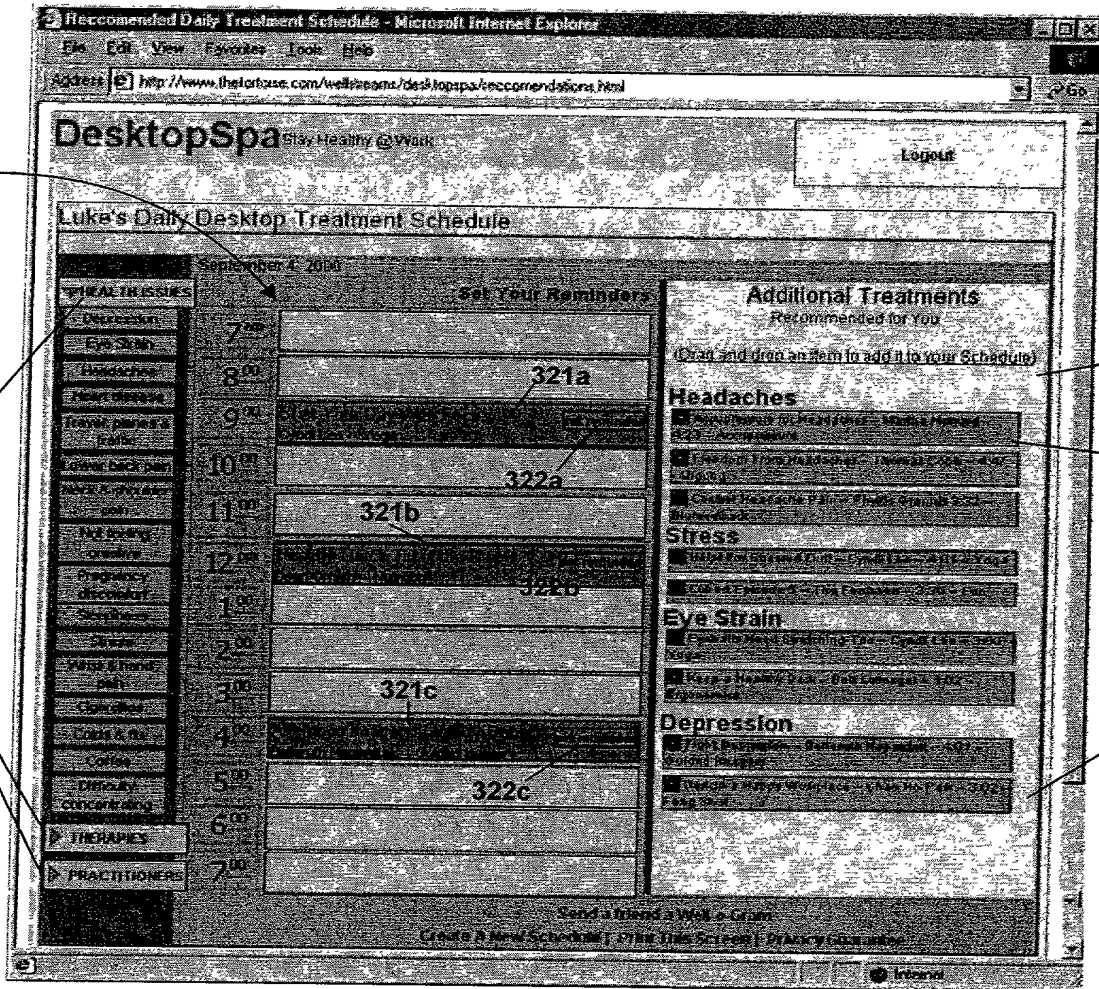
320

327

325

326a

326i



September 4, 2000

Set Your Reminders

Additional Treatments Recommended for You
(Drag and drop an item to add it to your Schedule)

Set Your Reminders - Step 1

Please Indicate HOW you would like the reminder for this event delivered.

- ☐ Daily Email
- ☐ Microsoft Outlook Reminders
- ☐ Sync My Palm Pilot
- ☐ Call My Cell Phone/Pager
- ☐ Instant Messenger

Submit Query

Start Your Day With Cynal Lee - Yoga

Healthy Lunch Tip of Dean Orish - Nutrition

Afternoon Imagery Energy Boost Belteruth Napantak - Guided Imagery

Martha Howard

Thomas Cobb - 447

Mike Gianni 3.22

Al Lee - 401 - Yoga

Chris - 3:30 - Fun

Bob - Cynal Lee - 3:00

Keep a Healthy Desk - Bob Lufnager - 1:02 - Ergonomics

Depression

Fight Depression - Belteruth Napantak - 4:01 - Guided Imagery

FIG. 7a

September 4, 2000

Set Your Reminders

Additional Treatments Recommended for You
(Drag and drop an item to add it to your Schedule)

Set Your Reminders - Step 2

Please Indicate WHEN you would like the reminder for this event delivered.

7AM

Submit Query

Start Your Day With Cynal Lee - Yoga

Healthy Lunch Tip of Dean Orish - Nutrition

Afternoon Imagery Energy Boost Belteruth Napantak - Guided Imagery

Martha Howard

Thomas Cobb - 447

Mike Gianni 3.22

Al Lee - 401 - Yoga

Chris - 3:30 - Fun

Cynal Lee - 3:00 - Yoga

Keep a Healthy Desk - Bob Lufnager - 1:02 - Ergonomics

Depression

Fight Depression - Belteruth Napantak - 4:01 - Guided Imagery

FIG. 7b

September 4, 2000

Set Your Reminders

Additional Treatments Recommended for You
(Drag and drop an item to add it to your Schedule)

Set Your Reminders - Step 3

You have scheduled a reminder for your Microsoft Outlook Reminders at 8am

Close and Return to Your Schedule

Start Your Day With Cynal Lee - Yoga

Healthy Lunch Tip of Dean Orish - Nutrition

Afternoon Imagery Energy Boost Belteruth Napantak - Guided Imagery

Martha Howard

Thomas Cobb - 447

Mike Gianni 3.22

Al Lee - 401 - Yoga

Chris - 3:30 - Fun

Bob - Cynal Lee - 3:00

Keep a Healthy Desk - Bob Lufnager - 1:02 - Ergonomics

Depression

Fight Depression - Belteruth Napantak - 4:01 - Guided Imagery

FIG. 7c

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

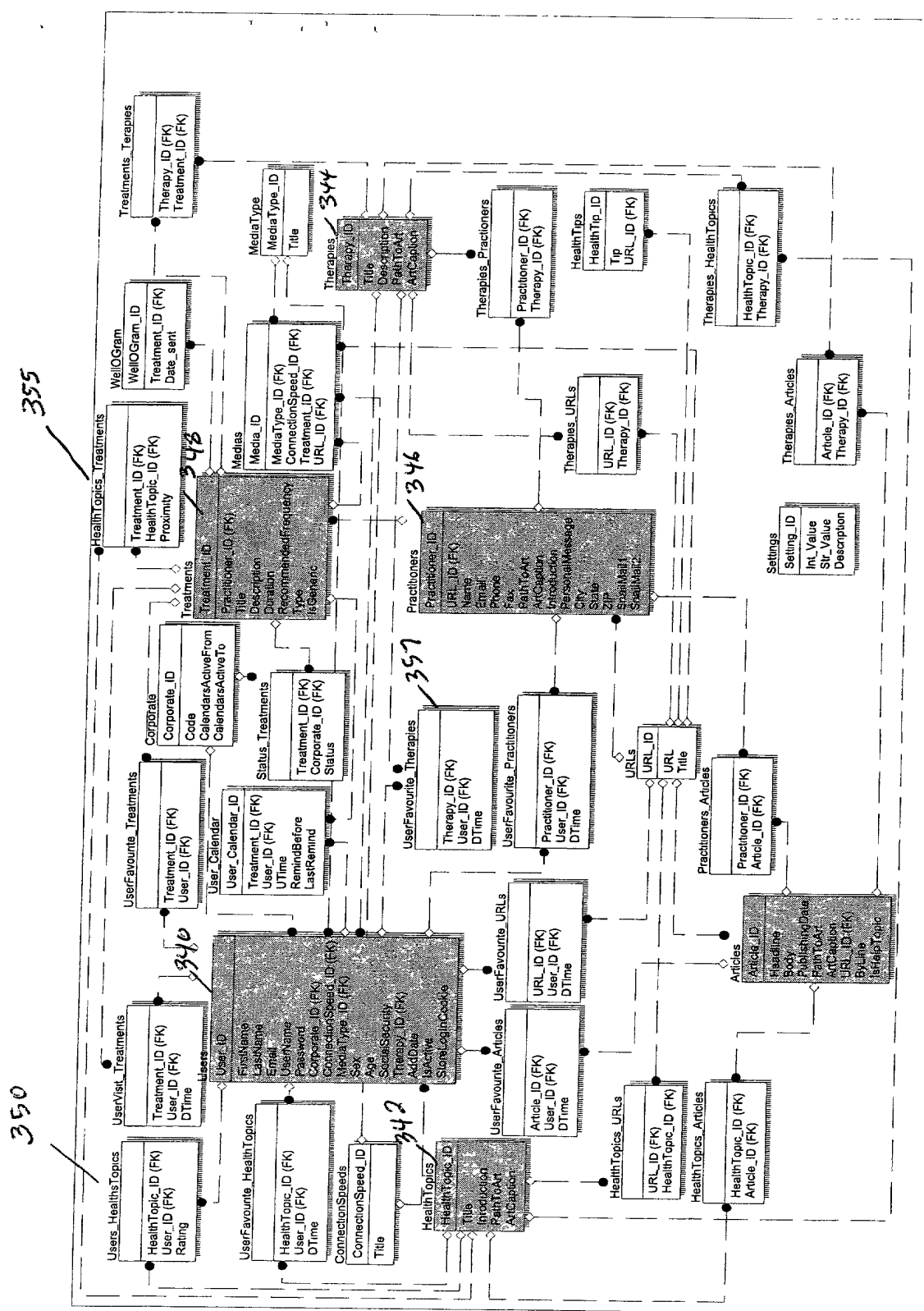


FIG. 9

260

Well-o-Gram

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolo.

You are sending this treatment: **Treatment Title Here.**

Your friend's name

Your friend's email

Personal message

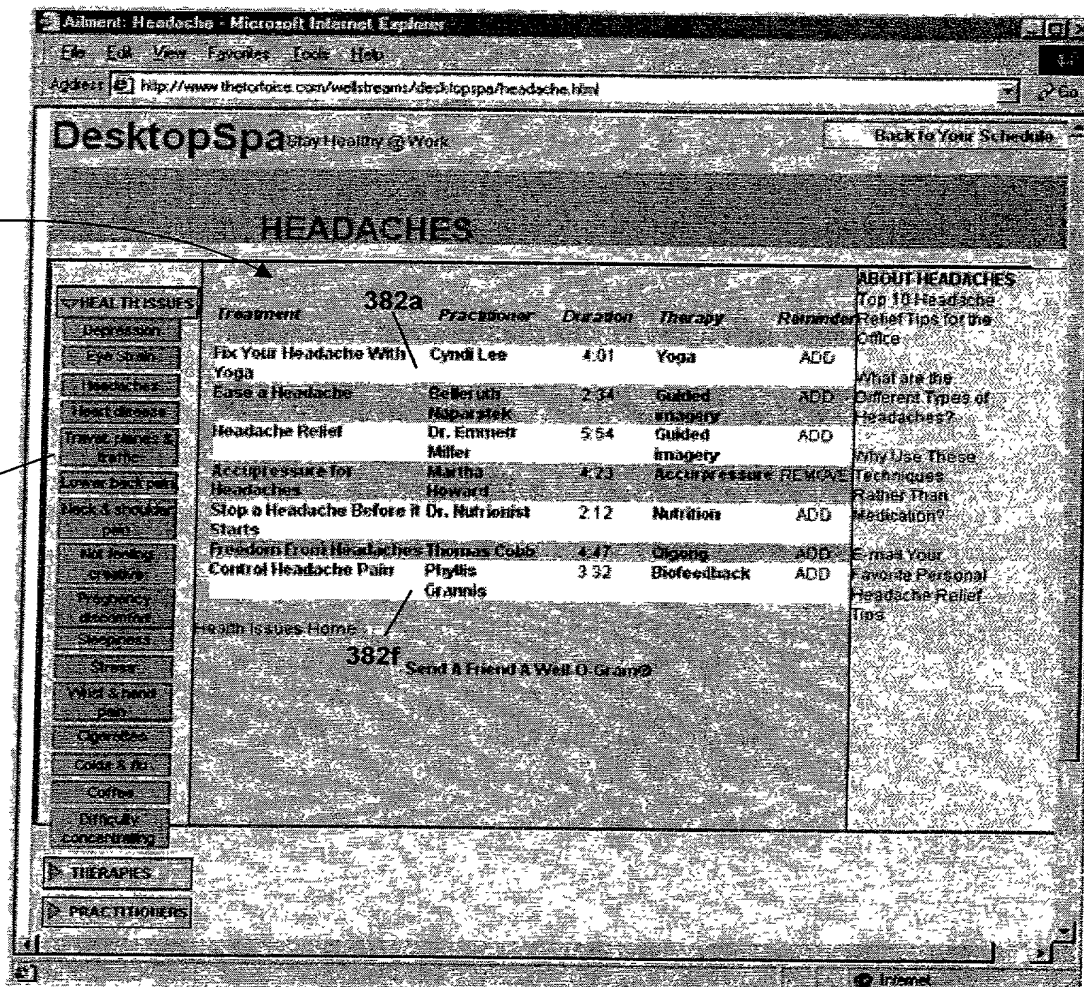
Send Well-o-Gram

220

FIG. 10

380

385



230

FIG. 11

Treatment: Yoga - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.thetatoine.com/wellness/desktopspa/yoga.html

DesktopSpa Stay Healthy @ Work Back to Your Schedule

YOGA

Treatment	Practitioner	Duration	Health Issue	Reminder
Help I'm Stressed Out	Cyndi Lee	6:01	Stress	ADD
Cats & Cows @ the Office	Cyndi Lee	3:23	Lower back pain	ADD
Cyndi's 2-minute Keyboard Break	Cyndi Lee	2:04	Wrist & hand pain	REMOVE
Open Yoga Energy Boost	Cyndi Lee	3:34	Sleepiness	ADD
Yoga for the Frequent Flier	Cyndi Lee	6:43	Travel	ADD
Yoga for Freeway Traffic Jams	Cyndi Lee	3:24	Travel	ADD
Cyndi's Smoke Break	Cyndi Lee	2:34	Cigarettes	ADD
Eyeballs Head Stretching Too	Cyndi Lee	3:00	Eye strain	REMOVE
Breathe & Focus	Cyndi Lee	1:34	Difficulty concentrating	REMOVE
Wrist Rolls (Aren't Sushis)	Julie Lusk	3:32	Wrists & Hands	ADD
Yoga on the Go	Julie Lusk	5:01	Travel	ADD
Shoulder Shruggers	Julie Lusk	3:21	Back & neck pain	ADD
Create a Life Not a Lifestyle	Julie Lusk	4:01	Stress	ADD

Therapies Home

Send A Friend A Well-Oiled Web

Done Internet

ABOUT YOGA
What is Yoga and how can it help you?
Breathing. It's more important than you think.
Additional Yoga Resources
Meet Our Yoga Practitioners

HEALTH ISSUES

THERAPIES

- Yoga
- Nutrition
- Ergonomics
- Aerobics
- Chiropractic
- Meditation
- Eye Care
- Herbs, Vitamins, Supplements
- Credibility

PRACTITIONERS

FIG. 12

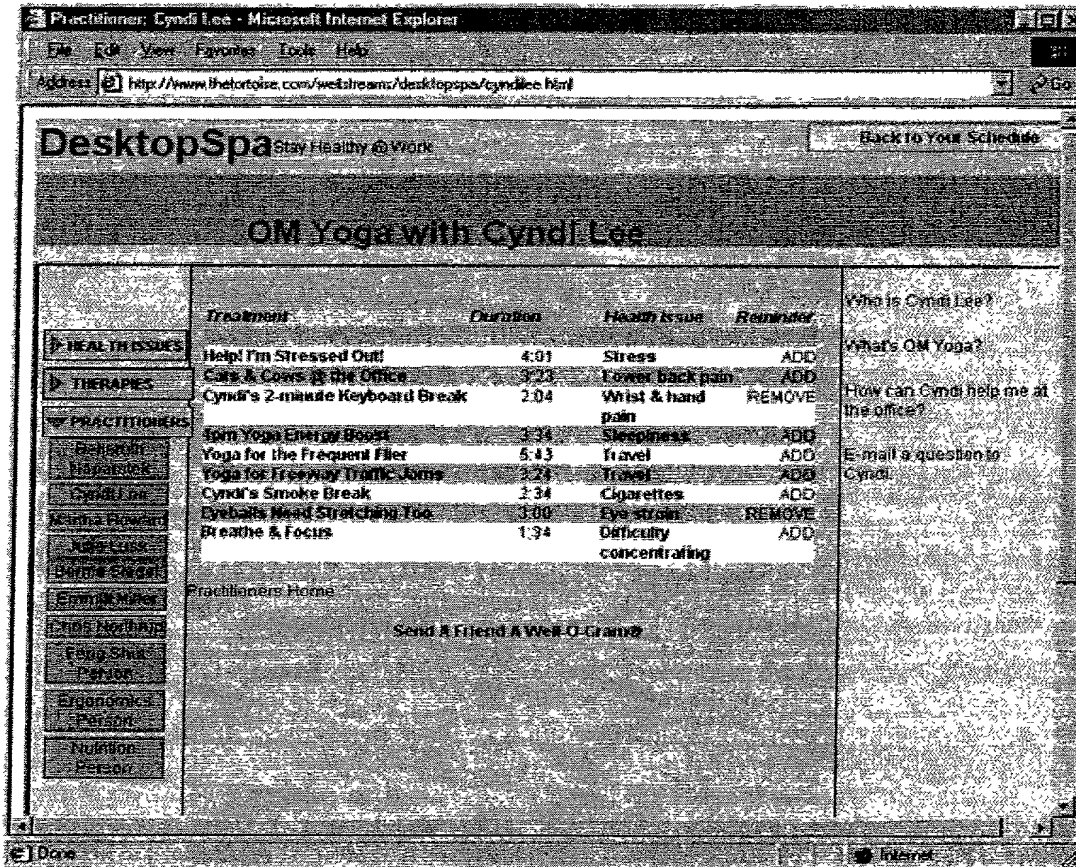


FIG. 13

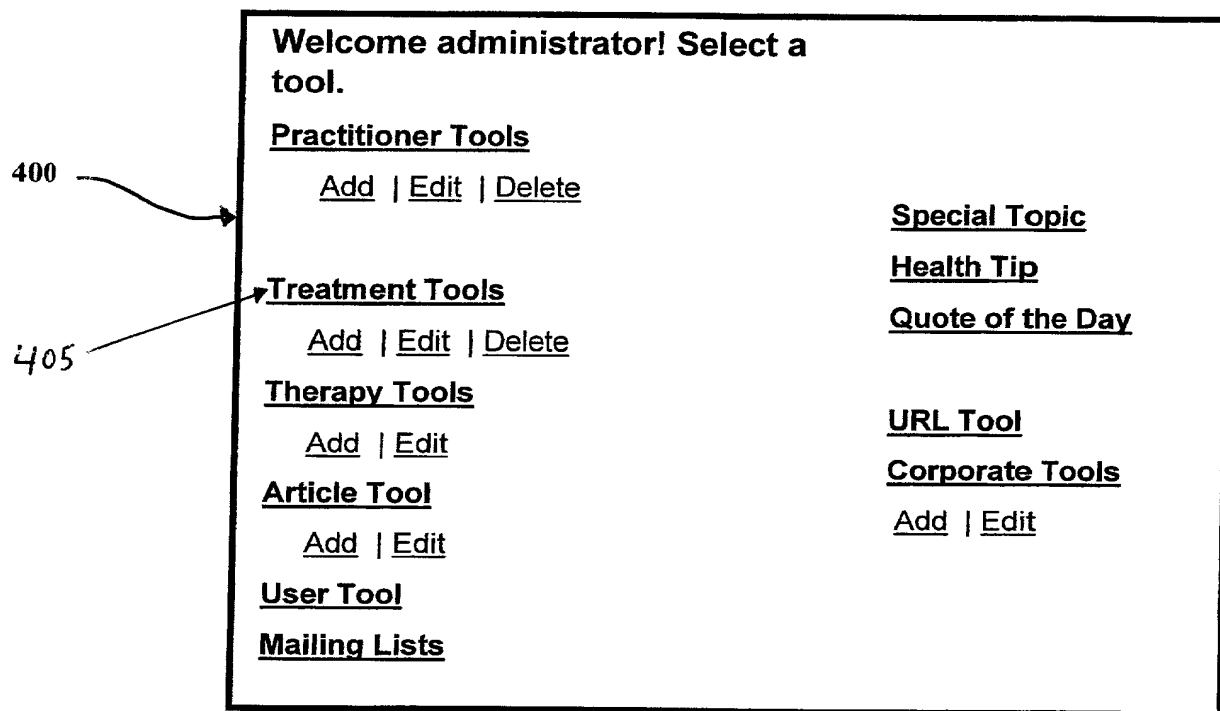


FIG. 14

411

Add a Treatment

Associate this treatment with these therapies

Yoga
Guided Imagery
Massage

Practitioner Add a Practitioner 412

Title

Description

Related Health Topics

Never ----- Always

- Headaches ☐ ☐ ☐ ☐ ☐
- Smoking ☐ ☐ ☐ ☐ ☐
- etc... ☐ ☐ ☐ ☐ ☐

415

This treatment is only for this corporation 416

Duration 417

Recommened Frequency

This treatment is a ☒ video clip ☐ audio clip

URL of Media 418

419

Edit an Existing Tretament

Delete an Existing Treatment

FIG. 15

420

Edit a Treatment

Associate this treatment with these therapies

Yoga

Guided Imagery

Message

Practitioner

Belleruth Naperstek

[Add a Practitioner](#)

Title

Lorem ipsum

Description

Lorem ipsum dolor sit amet.

Related Health Topics

Never ----- Always

•Headaches

☐

☐

☐

☐

☐

•Smoking

☐

☐

☐

☐

☐

•etc...

☐

☐

☐

☐

☐

Proiorty

Duration

Reccomended Frequency

URL of Video

Browse...

Change Treatment

Exit Without Modifying

Home

[Edit an Existing Tretament](#)

[Delete an Existing Treatment](#)

treatment titles here

treatment titles here

Delete It

FIG. 16

430

434

432

User1

Last Login: mm:dd:yy hh:mm

Send this user an email

First Name

Luke

Last Name

Monaco

Email Address

luke@imagepaths.com

Username

lukem

Password

Favorite treatment

Yoga

Date Joined

10/17/00

Health Issue 1

Health Issue 2

Health Issue 3

Health Issue 4

Health Issue 5

Health Issue 6

View User1's Schedule

This User is Currently Active

Make Inactive

Mailing Lists Subscribed to:

none

Exit Without Saving

Delete User

Save changes

Home

FIG. 17

Corporate Tool

Corporate code 442

Users' calendars should be active

From this hour AM

To this hour AM } 444

☐ No reminders please

Ban the following treatments

446	Treatment 1	<input type="button" value="v"/>	<input type="button" value="v"/>	Headache-be gone!
	Treatment 2			

Specially promote the following treatments

448	Treatment 1	<input type="button" value="v"/>	<input type="button" value="v"/>	Sinus rub
	Treatment 2			

Our logo

Edit an Existing Corporation Delete an Existing Corporation

corp titles here <input type="button" value="v"/>	corps here <input type="button" value="v"/>	<input type="button" value="Delete It"/>
---	---	--